



2nd Annual “Ruckus on the Rails” Open Youth Folkstyle Wrestling Tournament

Sunday, March 29th 2020

Brunswick High School

101 Cummings Dr, Brunswick, MD 21716

600 Wrestler Limit – We expect to reach capacity!

REGISTRATION: Via Flowrestling - \$30 (Teams of 15 or more: \$20)

<https://events.flowrestling.org/event/caf7fbbf-130a-7f9a-03c3-2a6ed2b1cd47/summary>

TEAM REGISTRATION: E-mail Tommy O’Connor brunswickjrwrstling@gmail.com

WEIGHT CLASSES:

Division:	Born in:		Weights (+1 LB allowance)														
Intermediates	2005 to	2007	62	67	73	78	84	90	96	103	110	120	130	145	160	180	UNL
Juniors	2008 to	2009	53	57	62	67	73	78	84	90	96	103	110	120	130	UNL	
Midgets	2010 to	2011	49	53	57	62	67	73	78	84	90	96	103	110	UNL		
Bantams	2012 to	2014	40	43	46	49	53	57	62	67	73	UNL					

WEIGH -INS:

Saturday, March 28th, 6-8 pm: All divisions

Sunday, March 29th, 7:00-8:00 AM: All divisions

Sunday, March 29th, 12:30 PM-1:30 PM: Juniors and Intermediates

- Skin, hair, and nails will be checked at weigh-ins.
- Any wrestler identified with skin disorder at weigh-ins will need a “*NFHS Physician Release for Wrestler to Participate with Skin Lesion*” form filled out and presented prior to wrestling. (https://www.nfhs.org/media/882725/2018-19_nfhs_wrestling_skin_lesion_form_may_2018.pdf)
- **There will be a 1 LB allowance.**
- Weight class changes allowed at Saturday night weigh ins ***ONLY!***
- Unlimited wrestlers ARE required to weigh-in.

TOURNAMENT FORMAT: SPLIT SESSION (Up to 7 mats used)

- Doors Open at 6:45 am

Session #1
Bantams / Midgets
9:00 am – 2:00 pm

Session #2
Juniors / Intermediates
2:30 pm – 6:30 pm

- Wrestlers May enter multiple divisions and weights. (\$10 discount)
- RULES: NFHS Modified, Headgear Optional, Double Elimination
- PERIODS: Bantams and Midgets: 1-1-1, Juniors and Intermediates: 1:30-1:30-1:30; Sudden Victory Overtime: 30 sec

ADMISSION: Adults & Coaches: \$5.00 Students: \$3.00 Children under 5: free

AWARDS: 1st place receives a 3lb Cross Peen custom engraved Hammer! 2nd -4th receive Custom railroad spikes! (2019 awards in pics)

